# T H E  L O O K O U T  C O O K B O O K

## INTRODUCTION

The idea back of this book is to furnish tried and approved recipes in amounts suitable for one or two men which can be prepared from the food furnished the lookouts. The persons who furnished recipes were requested to refrain from calling for any food supplies not furnished. The book was tried out by nearly a hundred lookouts, smokechasers, small crews, etc., during the 1937 season and their comments and suggestions are included.

The thanks of Region One is extended to the following people who have helped by furnishing recipes:

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## HOUSEHOLD SUGGESTIONS

One of the foundations for all good cookery is cleanliness. Dishes and cooking utensils should be thoroughly washed with plenty of soap and then thoroughly scalded with boiling water before drying.

When you have those baking powder biscuits all ready for the oven, press a tiny piece of butter down into the center of each - then note the improvement when you eat them.

Grease top of kettle when cooking fruit or candy and it will not boil over.

Cut hot bread or cake with a hot knife to prevent crumbling.

A few drops of vinegar added to the boiling water in which an egg is to be poached will prevent the egg from breaking.

If soup is too salty, add slices of raw potato. Boil and remove.

Before heating milk in a saucepan, rinse pan in hot water and it will not scorch so easily.

To prevent cheese from molding, wrap in a cloth wrung out of vinegar. Then roll in paper.

In cooking vegetables: Cover those that grow under the ground. Leave uncovered those that grow above the ground.

By dropping cake batter two or three times on the table, after it has been put in pans, you will remove all of the air in the batter, and therefore, you will have a finer textured cake.

If the oven hasn't any gauge on the front of it to tell you the temperature of your oven, just put either bread or white paper in the oven. If it turns brown quickly, the oven is too hot for most things; if it turns brown in about five minutes, then this is a moderate oven.

Do not put macaroni in cold water and allow to start cooking, because it will stick.

A pinch of soda stirred into milk that is to be boiled will keep it from curdling.

When you go to remove a cake from the pan and it has a tendency to stick, turn the pan upside down and lay on the bottom of it a cloth wrung out of cold water. After about five minutes the cake can be removed without its crumbling to pieces

If you set a dish of water in the oven when the cake is baking, you will find that there will be no scorching or burning of the cake.

When cooking beans, first soak them overnight in water, then in the morning place them in salt and boiling water and boil for 1/2 hour. You can also place a little soda in the second water.

Then they are ready to fix for the meal.

In order to sour milk, when a recipe calls for sour milk and you haven't any on hand, just open a can of milk and put the milk where it is warm, let this set until it is sour.

To have a custard pie of an even, nice brown when cooked, sprinkle a little sugar over the top just before putting into the oven.

When you suspect that your cooking has been scorched because you have neglected it for just one moment too long, lift the vessel holding the food quickly from the fire and stand it in a pan of cold water for a few minutes. In almost every case the scorched taste will entirely disappear.

In making bread or rolls put a saucepan of boiling water into the oven. The steam will keep the crust smooth and tender.

To get rid of ants place lumps of gum camphor in their runways and near sweets infested by them, or scrub shelves and drawers with strong soap, or inject gasoline, or place preserves, cake and other sweets attractive to ants in places where they can get them, then cover with gasoline, or kerosene.

When cooking green vegetables a small portion of soda added to the boiling water just before putting in the vegetables will keep them in fresh color.

When boiling green vegetables add a lump of sugar to the water; it is as effectual as soda and perfectly harmless.

Boiling liquids may be turned into glass without breaking the vessel if you press the bowl of a spoon on the bottom while filling.

Tough meat may be made tender by pounding, slow cooking, or laying it a few minutes in vinegar water.

Before heating milk, rinse out the saucepan with a little hot water. This prevents milk from sticking to the bottom of the pan. (Never boil milk; it toughens the food materials.)

"To cream: means to mix or cut shorting and sugar together.

## FOOD FACTS

### How to Use Left-Overs

The secret of success in cooking for two depends to a great extend for its solution upon the ability to use left overs at successive meals. In using this surplus food, it is important to supply whatever is lacking. If it is dry, it needs to be moistened; if it is lacking any particular flavor, it needs to be well seasoned or mixed with something that will give it a distinctive and appetizing taste; if it is hard, it needs to be softened.

### Sometimes It Is Well to Keep your Left-Overs Uncooked

For instance, if you have a steak that is too large for one meal because, in order to have it appetizing you had to have it cut fairly thick, cut out the heart or tenderloin and broil it, keeping the rest for a fresh meat disk the next day.

### Left-Over Meat

With left-over meat, just add accessories to suit you, such as mushrooms, a few slices of potato, an onion or two, small cubes of any kind of vegetable, a few slices of bacon, or a few left-over sausages. If you wish an entirely different dish, just take a few scraps of meat, then mix them with butter and vegetables, and fry them; bacon and sausage, of course, need no butter.

### Left-Overs in General

If a can of corn is opened and isn't eaten up, one can make scalloped corn by combining corn, crackers, salt, pepper, and enough milk to cover, and baking it in oven until it becomes firm.

Any left-over fruit may be utilized for fruit roll, by making biscuit dough and rolling the fruit in the dough and baking.

If you have cake left over, make a sauce for it and have pudding for the next meal.

Left-over bread that becomes stale or dry may be used in bread pudding, toast, French toast, cinnamon toast, stuffing for meat, or it may be used in place of crackers where cracker crumbs are called for.

If you have any biscuit dough left over at any time, you can prepare a meat pie. Line a small baking dish with the rolled out dough, then place into it a mixture which has previously been cooked together. Or you may omit one tablespoon of shortening and add 1/2 can of cheese, thus making cheese biscuits. Proceed as for plain biscuits.

## Why Custards Whey or Curdle

Custards usually whey or separate or curdle because they are cooked at too high a temperature. Soft custards may curdle when they are cooked for too long a time or are not stirred constantly. Milk that is a little sour may cause curdling of a custard.

The best way to prevent wheying, separating or curdling is to regulate the temperature and time of cooking all custards by cooking them over or surrounded by water slightly below the boiling point, by removing them from the heat when they are done, and by being sure that milk used in making them is entirely sweet.

If a soft custard begins to whey, separate or, as is usually called in this case, curdle, it should be removed immediately from the heat. The pan containing it may be set in a pan of cold water, and the custard may be beaten vigorously to redistribute the particles of egg and milk

## Directions for Mixing Custards

Scald the liquid. This saves time in making all custards. By scalding, we mean to bring the liquid up to the boiling point but not letting it boil.

Thoroughly mix the eggs, seasoning (as salt) and flavoring (as sugar) by stirring but not by beating.

Gradually add hot liquid to egg mixture.

For firm custards, pour custard mixture into baking dish, set dish in pan of hot water and cook in oven until firm, keeping water in pan constantly below the boiling point. The custard is done when the blade of a knife run into the center of the custard comes out clean.

For soft custards, cook in top of double boiler, keeping the water in the lower part constantly just below the boiling point. Stir constantly until the mixture stops frothing, coats the spoon, and has the thickness of cream. Remove at once.

## How to Use One Recipe in Different Ways

Often a full recipe can be made and used in many different ways.

A rich baking powder biscuit dough will make shortcakes for one meal, toasted biscuits for another, and if baked in a sheet and covered with cinnamon and sugar, coffee-cake for a third.

Pie dough will make pies, tart shells for meat or dessert, cheese strips for soup or salad, and tiny jam turn-overs for afternoon lunches.

Cake batter may be baked as loaves, layers, sheets or cup cakes, as cottage pudding, to be served hot with a sauce, or as a ring in which to serve fruit, jelly or creamed dessert. A fruit mixture may be added to the batter and used as a fruit cake or spices may be added, this being called a "spice cake."

## Measurements

All the measurements in this cookbook are level unless otherwise specified.

Be sure to measure amounts correctly, otherwise your cooking may be a failure. For instance, if you have:

Too much flour in a cake, it will be dry and crumbly`, bread will be solid and heavy, and sauces will be thick and pasty.

Too much fat, it will make cakes oily and may cause them to fall. It will make grease soaked doughnuts, and greasy gravies and sauces.

Too much sugar, it will make a cake with a hard crust, or a sticky cake. It makes a soft, sticky jelly.

Too much liquid, it will make a cake that falls easily.

Too much soda, it gives a disagreeable taste and bad color to breads and cakes.

## Flour Substitutes

In place of 1 cup of white flour use:
- 7/8 cup of corn meal
- 1 1/2 cups of rolled oats
- 1 cup of graham flour

## Weights and Measures

2 cups equal 1 pint
2 cups butter equal 1 pound
16 tablespoons equal 1 cup
3 teaspoons equal 1 tablespoon
1 square chocolate equals 3 tablespoons of cocoa

## BREADS

### Biscuits

1 cup flour
2 teaspoons baking powder
1/2 teaspoon salt
2 tablespoons shortening
1/3 cup milk

Put all dry ingredients together and cut shortening in with a fork or knife until mixture appears to be as coarse as oatmeal. Add milk, enough to make a soft dough that can be easily patted to 1/2 to 1 inch thick on a floured surface. Cut into rounds and place on greased pan. Bake in a hot oven for 12 to 15 minutes. (A can with the top completely removed makes an excellent biscuit cutter.)

### Sweet Potato Biscuits

3/4 cup mashed sweet potatoes
2/3 cup milk
4 tablespoons melted butter
1 1/2 cups flour
4 teaspoons baking powder
1 tablespoon sugar
1/2 teaspoon salt

Mix mashed sweet potatoes, milk and melted butter. Add remaining ingredients, sifted all together, to make soft dough. Turn out on floured board and toss lightly until outside looks smooth. Roll out 1/2 inch thick and cut with a cutter or take a fruit jar lid and flour it and use it for a cutter, then place them on a greased pan and place in hot oven for about 15 minutes.

### Corn Bread

1 egg
2 tablespoons sugar
1 tablespoon melted shortening
1/2 cup white flour
1/2 cup corn meal
3/4 cup of sweet milk
2 teaspoons baking powder
1/2 teaspoon salt

Mix and sift dry ingredients. Then add milk and egg mixed together. Combine the two mixtures mixing well, then add shortening, and pour in well greased pan and bake until done.

### Yeast Bread

Before noon boil one medium sized potato. Drain, saving the potato water and mash potato; measure and add enough water to make 1 1/2 cups. While still hot, ad to it 1/2 cup flour. Stir well. Let cool till lukewarm, then add 2 tablespoons sugar and 1 yeast cake which has been soaked in 1/2 cup water. Stand in warm place (not too hot) till night. Then add 1 cup water, 2 teaspoons salt, 3 tablespoons shortening and 3 more tablespoons sugar. Then stir in about 8 cups flour (you may need either more or less flour, as flour varies in texture and moisture content). Turn onto floured board and knead till smooth and elastic. Place in a large well greased pan and cover. Place in warm place.

In the morning as soon as the bread has risen to double its bulk, shape into loaves (this makes 3) and place in bread pans. Let it rise to double the bulk again, then bake in moderate oven for about an hour - or until tapping the top of a loaf of bread with the fingers produces a hollow sound. Take from oven and remove bread from pans. Grease top of loaves lightly and place clean cloth over them.

There are several variations a person may use to give a variety to the bread question. Add chopped prunes, raisins, or making cinnamon rolls from the basic recipe adds a variation besides being healthful. Simply add raisins or chopped prunes to the bread while making it into loaves. Cinnamon rolls may also be made by just adding cinnamon and chopped raisins and sugar, then roll dough up into a round cylinder shaped roll. Then take a knife and cut slices of the dough off, and bake like this after they have raised again. First, you take a piece of bread dough about the size of an unbaked loaf of bread. Roll out into sheet (on a well floured board) until 1/2 inch thick. Spread with shortening or butter or a mixture of both (which has been softened). Sprinkle generously with sugar and cinnamon. Raisins if you want them, but not required. After you have rolled these and cut them, place them in a pan and place in a warm place to raise. When they have raised double in bulk, then bake in moderate oven for 20 or 25 minutes.

## French Toast

1 egg
1/2 cup water
1/2 cup canned milk
seasoning

Beat egg, add water and milk. Into this dip slices of dry bread and fry them in hot grease. Serve with maple syrup or jam.

## Fluffy French Toast

3 eggs
1 tablespoon milk for each egg
seasoning - salt and pepper to taste

Place fat in frying pan and let heat while preparing toast. Beat whites of eggs until stiff. Beat yolks separately and add milk and seasoning. Fold whites into yolk mixture; dip slices of bread immediately into this and fry in deep, hot fat. Serve with jam or syrup.

## Hot Cakes

1 1/2 cups flour
1 teaspoon salt
1 tablespoon sugar
1 egg
2 cups sour milk
1 tablespoon melted shortening
1 teaspoon soda

First mix all of the dry ingredients together; then add items as they appear on list. Stir real well and bake on griddle or in frying pan. Dissolve the soda in a little hot water before adding it to the mixture.

## Griddle Cakes

1 cup flour
1 teaspoon baking powder
1/4 teaspoon salt
3/4 cup milk
1 egg, well beaten
1 1/2 tablespoons melted butter or shortening

Sift flour together with baking powder and salt. Combine with milk and eggs and add to flour. Stir only until smooth and add shortening. Bake on hot pan or skillet.

Makes 12 small cakes.

## Cinnamon Toast

1/2 cup sugar
1/2 teaspoon cinnamon
old bread

Mix sugar and cinnamon together, toast bread quickly so it won't dry. Butter generously. Sprinkle sugar and cinnamon mixture on top and set in hot oven for a minute.

## Fried Bread

Heat in 1 tablespoon bacon grease or butter in skillet. Dip dry bread slices in cold water quickly. First one side, then the other and fry. Cover at first to steam and soften, then remove cover and brown on both sides.

## Hot Cakes

1 cup flour (a good variation may be made by using half graham flour); 2 teaspoons baking powder; 1/4 teaspoon salt; 3 teaspoons sugar; 3/4 cup of milk; 1 egg; 2 tablespoons of melted butter or shortening.

Mix in the order given.

## Muffins

1/4 cup shortening)
1/4 cup sugar ) Cream the two together well.

1 egg ) Break into above mixture and mix.

2 cups flour )
3 teasp baking powder)
1/4 teaspoon salt ) Sift together and add milk and
1 cup milk ) dry mixture alternately
1 cup raisins )

Stir only enough to mix well or they will become tough. Cut raisins into batter, then place in greased muffin pans.

## Sourdough Bread

To make good sourdough bread requires practice. Do not be discouraged if your first few trials are failures. Try again and you will soon acquire the knack of it. Sourdough bread is much more healthful as a steady diet than baking power bread or biscuits.

To start the sourdough, use an earthen jar, lard bucket, or similar receptacle. Mix 1 cup flour, 2 tablespoons sugar with water to a thin consistency. If quick action is wanted, use part of a cake of yeast (dry or moist) also. Set to one side in a warm (not hot) place, until it sours. It will effervesce and foam up, and may run over the sides of the jar or pail. With practice, you can tell when it is sour enough by the smell of it.

To make bread, take a pan of flour, make a depression in the center of the four and pour a quantity of the sour mixture into it. Add a little salt, a little sugar, and a few pinches of soda. Stir together well, knead more flour into it until the dough is fairly stiff. Bake in a well greased pan, having first greased or buttered the tops of the biscuits or bread.

Soda, being alkali, counteracts the acidity of the sourdough. The quantity of soda to use must be learned with practice. To much soda gives the b read or biscuits a yellow appearance and disagreeable taste.

To replenish the sourdough jar, simply add more flour, sugar and water, stir well, and it will be ready for the next baking.

Excellent hot cakes may also be made with this sourdough batter. Use more sugar than for bread or biscuits. Add a little salt, a pinch or two of soda, stir well, and drop into hot, greased pan. The consistency of the batter should be the same as when making baking powder hot cakes.

## Sandwich Suggestions

1.

Chopped roast beef, onion, pickle, salad dressing.

2.

Salmon, pickle and dressing.

3.

Mashed hard-boiled eggs, chopped pickles and salad dressing.

4.

Ground boiled ham and chopped pickles mixed with dressing.

5.

Mashed boiled eggs, ground boiled ham and salad dressing.

6.

Cheese ground up with ham and mixed with salad dressing.

## SOUPS

### Bean Soup

Soak 1 cup of beans overnight in 1 quart of water. In the morning place in a pot on the stove, add a little soda and cook 1/2 hour, then drain.

Add fresh water, a little minced onion (onion chopped up fine), salt, pepper and 2 thin slices of bacon, diced.

Cook 2 1/2 hours or until the beans are soft.

### Potato Soup

Six large potatoes sliced in small pieces and boiled in enough water to cover, season with salt, and pepper, a little butter, sliced onion, and 1 cup of sweet milk.

### Tomato Soup

1 can tomatoes
1/2 teaspoon soda
1/2 cup canned milk
1/2 cup water
salt, pepper to taste
lump of butter

Heat tomatoes. Add soda and stir. Add milk, water and seasoning, and heat. Add butter.

Chopped onions or bacon fried in hot fat may be added if desired.

### Chili Soup

1 can of tomatoes
2 onions
1 can roast beef
1 can dry red beans
salt, pepper to taste

Slice and chop up onions; brown in frying pan. Chop beef and add to onions. Cook about 10 or 15 minutes. Add the beef and onions to the beans which have been soaked overnight and cooked at least 2 1/2 hours the following day. Then add tomatoes. Season to taste and bring to a good boil.

### Corn Soup

Heat canned corn. Then add desired quantity of milk to mixture, add salt, pepper and butter to taste, heat and serve.

## Pea Soup

Heat canned peas. Then add milk and salt, pepper and butter to taste, heat and serve. Diced ham added to pea soup will give a delicious flavor.

## Vegetable Soup

Mix 2 carrots, 1 onion, 2 potatoes ..... ..... ..... ... peas, tomatoes, (or any other ..... vegetable may be substituted for some of these); boil together and season with salt, pepper, enough to taste. Roast beef or ..... may be added to this.

[*Remainder of page illegible*]

## FISH

### Salmon Loaf

1 small can of salmon
1 egg
1 cup milk
1 tablespoon melted butter
1 cup stale bread crumbs
salt and pepper

Beat egg until foamy, add milk and melted butter. Place in buttered baking dish layer of salmon topped with crumbs, salt and pepper to taste. Then more salmon, etc., until all is used up. Add liquid and bake until firm.

NOTE: If you are short on bread crumbs, the insides of old baked potatoes crumbled up may be used in the salmon loaf. It works just about as well as the bread crumbs.

### Creamed Salmon with Peas on Toast

1 small can peas
1 small can salmon
2 tablespoons butter
3 tablespoons flour
1 pint milk (dilute 1/2 pint canned milk and 1/2 pint water)

Mix the flour with the milk, being sure to mix it in smoothly, and add the butter. Season with 1/2 teaspoon of salt and pepper to taste. Cook till thick, stirring so it will not get lumpy, then stir in the salmon and peas. Let this cook a few minutes and put on slices of crisp toast.

### Salmon Cakes

1 can salmon
2 cups cold mashed potatoes
1 egg

Drain juice from salmon and mix well with potatoes and egg. Shape into flat round cakes and brown in hot bacon fat.

### Salmon Wiggle

1 cup white sauce
1/2 flaked salmon
1/2 cup drained peas
1 batch of biscuits

Combine white sauce, peas, and salmon, and pour over hot biscuits.

## WAYS OF PREPARING MEAT VARIETIES

### Meat Pie

1 can beef stew
1 small onion cut fine
2 tablespoons butter

Place above ingredients in pan and cook for about 15 minutes. Make a biscuit dough using:

1 cup flour
1/2 teaspoon salt
2 teaspoons baking powder
4 tablespoons shortening

Mix well together, using finger tips, then ad enough milk, a small amount at a time to make a soft dough. Pat out to about 1 inch in depth and cut into small biscuits. Place close together on top of meat mixture. Bake in hot oven about 20 minutes or until biscuits are nicely browned. Any small amounts of left over vegetables such as carrots, string beans, peas may be added to the stew mixture. Also left over meat, such as ham, roast beef and even fried bacon can be cut in small pieces and added.

### Baconized Corn and Macaroni

1 cup macaroni
3/4 cup white sauce (medium)
1/2 canned corn
1/2 teaspoon salt
1/8 teaspoon pepper
3 slices bacon

Cook the macaroni until tender in plenty of boiling water, salted. Drain. Add to white sauce seasoning, corn and cooked macaroni. Pour in baking dish and over top lay the bacon cut in squares. Bake 15 minutes or until bacon is crisp.

### Italian Ham

1 pound sliced ham
1/2 pint canned tomatoes
4 small peeled onions
pepper

Cut ham an inch thick. Put in a covered frying or roasting pan. Slice onions over the ham. Add tomatoes, a generous sprinkling of pepper and 1/2 cup of water. Cover and bake one hour in a moderate oven, remove ham to platter and make a gravy of the tomato juice and drippings, adding a tablespoon of flour with a little water to a cupful of gravy.

### Baked Ham and Sweet Potatoes

Mash 1 1/2 cups sweet potatoes and season with salt and pepper to taste. Add a little canned milk (enough to make potatoes hold their shape) and a teaspoon melted butter. Cut two pieces canned ham 1/2 inch thick and put one in baking pan. Spread mashed sweet potatoes on this and place other piece of ham on top of potatoes.

Mix 1/2 cup of syrup and a tablespoon of butter. Put a few spoons of this over the ham. Do this about every ten minutes and bake for 30 minutes.

(White potatoes may be used, also.)

## Mulligan

1 can roast beef (cut up real fine)
1 can each of peas, corn, tomatoes, string beans
2 good sized potatoes (sliced)
2 small onions
1 teaspoon salt, pepper and catsup
small lump of butter

Mix all together and cook thoroughly.

## Pigs in Blankets

Take frankfurters and fold them in biscuit dough and bake until brown.

Make a cream gravy and pour over your pigs in blankets and serve while hot.

## Meat Balls or Croquettes

Mix a thick white sauce with chopped meat, cooled, formed into balls. These should then be rolled in flour, dipped in a beaten egg, then rolled in fine dry bread crumbs and fried in deep hot fat.

## Meat Pie

1 can roast beef
1/2 can carrots
1 onion
1 potato (diced)
salt and pepper

First line a baking dish with biscuit dough. Next cook the roast beef, carrots, onion, potato, and enough salt and pepper to season it, together. (Add just enough water to cover, cook slowly for 15 or 20 minutes.) Then pour into biscuit lined pan. Cover with biscuit dough and puncture top two or three places. Bake in moderate oven for 25 minutes.

## Using Old Bacon or Ham

Trim closely, parboil a few minutes, adding a teaspoon baking soda to about a quart of water, drain, wash off, then fry and much of the strong taste disappears.

If you have an old ham, trim off all outside, parboil in soda as above; then when you boil the ham, add 1/2 cup vinegar to each quart of water. By this method old ham becomes very good.

## Beef and Peas

Chop fine the contents of one can of roast beef. Place the chopped beef in a frying pan and cook for about 20 minutes, then add to it the contents of 1 can of drained peas. Season with salt and pepper and cook about 10 minutes longer, then add a teaspoon of butter. Stir well and serve

## SAUCES

### White Sauce

1 tablespoon flour
1 teaspoon to 1 tablespoon fat
1 cup milk
1/4 teaspoon salt
1/4 teaspoon pepper

Mix ingredients as given. More flour may or may not be added to make the sauce the desired thickness.

### Brown Gravy

1 tablespoon butter or fat in which meat was cooked
1 tablespoon flour
1 cup beef broth or boiling water
salt, pepper

Brown fat in pan, add flour and brown, add liquid and stir until smooth and thick, season to taste and simmer for 5 minutes.

### Cream Sauce

2 tablespoons butter
1 tablespoon flour
1/2 teaspoon salt
speck of pepper
1 cup milk
(1/2 water, 1/2 can milk

Melt butter in saucepan on back of stove, add flour, then add milk slowly, stirring all of the time. Add seasoning. Cook until thick. (If it lumps, beat with egg beater.)

### Welsh Rarebit

Add cheese and a beaten egg to cream sauce. It may be served on toast.

### Rinctum Diddie

Add tomato juice to the Welsh rarebit. And it also may be served on toast.

### Fish Pie

To the cream sauce add 1/2 can of salmon and a mixture of cooked vegetables (potatoes in small chunks, chopped onion slightly fried in butter, peas, carrots), put in greased baking pan, cover with bread crumbs or (if really energetic) fix a biscuit dough and baked until crumbs brown.

If fish is not liked, roast beef may be cut in small pieces and substituted for the salmon.

## ENTREES

### Corn Fritters

1 cup flour
1/2 cup milk (dilute 1/4 cup canned milk with 1/4 cup water)
1/2 teaspoon salt
2 eggs, beaten
1 small can corn
1 teaspoon melted butter
1 teaspoon baking powder

Chop the corn very fine and add salt, pepper, well beaten eggs, butter, milk, flour and baking powder. Fry in deep fat.

### Apple Fritters

1 cup milk
2 eggs
1 teaspoon sugar
salt
2 cups flour
1 tablespoon baking powder
apples

To the milk add the well beaten egg yolks and the sugar, then the flour mixed and sifted with the baking powder and the salt. Then fold in the stiffly beaten whites. Add sliced canned apples, being careful to get the batter all over them. Drop by spoonfuls into deep fat and fry.

### Macaroni and Cheese

1/2 package macaroni
2 tablespoons butter
1 tablespoon flour
1/4 teaspoon salt
dash pepper
1/2 cup milk
1/2 finely cut cheese

Cook the macaroni in 3 cups boiling water and 1 teaspoon salt until tender. Drain. Melt butter, add flour and seasonings and blend thoroughly. Pour in milk, which has been diluted half with water, and stir until thick and smooth; cook for a few minutes longer and add cheese and stir until it is melted. Put macaroni and cheese sauce in layers in baking pan having sauce on top. A little diced ham may be sprinkled over this. Bake in medium oven till nice and brown.

## VEGETABLES

### Candied Sweet Potatoes

1 large or 2 small sweet potatoes
1/4 cup sugar
water

Put sugar in a pan and let heat until all is melted and beginning to get quite dark brown, then add a little warm or hot water. Let boil until quite thick and pour over heated sweet potatoes.

### Spinach de Luxe

2 slices bacon
8 oz. can spinach
1/2 teaspoon salt
1 tablespoon butter

Dice bacon and fry until lightly browned. Add spinach, which has been drained, together with butter and salt, and cook for a short time or until well heated.

### Stewed Tomatoes

1 cup tomatoes
1 teaspoon minced onion
1/2 teaspoon salt
dash pepper
1/2 tablespoon sugar
1/2 tablespoon flour
1/2 tablespoon butter

Combine all ingredients first mixing flour and sugar. Simmer 10 minutes.

This recipe may be varied by using fine bread crumbs, or rolled cracker crumbs if possible, in place of the flour to slightly thicken the tomatoes.

### Spuds de Luxe

Slice ham in bottom of baking pan. Cover with diluted milk. Add sliced raw potatoes, pepper, salt (unless ham is salty). Bake until potatoes are soft.

### Hot Pot

Put small chunks of raw potato in baking pan (the amount depends on appetite). Add 1 sliced onion, 1 small can tomatoes, salt, pepper. Add water if the tomato juice doesn't cover. Over the top, place sliced bacon and bake in oven. If oven is too hot and cooks bacon too fast, cover until potatoes begin to soften, then uncover to brown bacon.

## Creamed Lima Beans

1 cup dried beans
salt and pepper
3/4 cup milk

Soak dried beans overnight in cold water to cover. Drain and cook in boiling salted water until soft. Drain, add cream, add a little butter and season well. (You can use undiluted canned milk where it calls for cream.)

## Home Baked Beans

1 1/2 cups navy beans, boiled in enough water to cover (which have been previously soaked overnight), boil these until skins crack.

Mix the following:

1 1/2 teaspoons salt
1/4 teaspoon pepper
1 teaspoon mustard
2 tablespoons shortening
1/2 cup catsup
1 tablespoon sugar

Drain beans and add to this last mixture. Then add enough water to cover. Mix well, place two or three slices of bacon on top and bake two hours or more. (High altitude takes longer to cook things than low altitudes.) You may have to add a little more water to the beans occasionally.

## Scalloped Potatoes

2 large or 4 small potatoes
2 cups milk
large piece of cheese
2 tablespoons butter
1 medium sized onion
salt and pepper to taste

Wash, peel and slice thinly, potatoes and onions. Place layer of potatoes, dot with cheese and several slices of onion. Add salt and pepper. Continue this until you use all of the potatoes and onions. On top of this put a layer of cheese. Cover with the milk and bake in oven until potatoes are tender when tried with a fork.

## Scalloped Corn

If you open a can of corn and do not eat all of it, you can make scalloped corn by combining corn, bread crumbs, or crackers (mashed up real fine), salt, pepper and enough milk to cover and bake in oven until it gets firm or sets.

## Macaroni and Tomatoes

1/3 package macaroni
1 teaspoon salt
1 can tomatoes
1/2 onion (cut fine)
1 tablespoon butter
(or bacon grease)
1 teaspoon sugar
little pepper

Cover macaroni and salt with water and cook until macaroni is done. Drain water off if any. Add rest of mixture and let it cook 15 minutes. If a little bacon is cut fine and fried with onion and added, this improves flavor greatly.

## Baked Potatoes

Take 4 medium sized potatoes, wash really well, cutting out all bad holes and spots in them. Dry them off and put in oven to bake. Bake for about an hour or until you can put a fork into them and they feel done, mushy.

If you want to have a very fine dish, after the potatoes have been baked, cut in two parts, careful not to harm the jackets. Scrape the potato out of the jackets. Put in kettle and proceed to fix them as one would mashed potatoes. Then butter the inside of the jackets, and stuff mashed potatoes back into the shells. Put these back on the stove to warm, then serve warm.

## Mashed Potatoes

Boil about 5 potatoes, without the jackets. After they are done, take off the stove and drain the water off them, then mash them until there are no lumps, then put a heaping tablespoon of butter, salt, pepper and about two tablespoons of milk into them and beat them until they become creamy.

If you have any mashed potatoes left over, you can put them away and at another meal fix potato patties.

## Potato Patties

Take the left over mashed potatoes, and pat them into little flat cakes of the size desired. Then fry them in either bacon grease or butter until the outside of the patties are brown.

## Carrots and Peas

1 cup carrots
1/2 cup peas
3 tablespoons butter
3 tablespoons flour
1/2 teaspoon salt
1/8 teaspoon pepper
1 teaspoon sugar
1 cup milk

Boil the carrots until tender. Combine with the cooked peas, reheat and serve with melted butter or savory fat or make a sauce of the flour, fat, milk and seasonings; add the cooked carrots and peas, reheat and serve hot.

If the carrots are in cans, it is not necessary to cook them first. Just mix them with the peas and then fix accordingly.

## French Fried Potatoes

Wash and pare potatoes and cut into eights lengthwise. Dry between towels and fry in deep fat. Drain on soft paper, sprinkle with salt and serve in an uncovered dish. The fat must not be too hot, as the potatoes must be cooked as well as browned.

## Fried Potatoes and Onions

Peel and slice thinly two or three raw potatoes. Drain well. Peel and slice one onion very find and mix with potatoes. Place about 3 tablespoons of fat (bacon grease or drippings preferable) in frying pan and allow to heat but not to burn. Pour potatoes and onions in fat and cover with lid. Turn often to prevent sticking and to allow to soften and brown evenly. Season with salt and pepper to taste. This mixture of flavors is really very delicious.

## Potato Cakes

Left over mashed potatoes may be mixed with egg and fried. Salt and pepper to taste.

## Lyonnaise Potatoes

2 cups boiled potatoes, diced
1 tablespoon minced onion
2 tablespoons drippings
1 teaspoon salt and pepper

The potatoes should be rather underdone to produce the best results. Season with salt and pepper. Cook the onion in fat until yellow, add the diced potato and stir with a fork until all sides are brown, being careful with them not to break the potatoes. Add more fat if necessary. When done, turn the potatoes out upon a hot dish, and serve hot.

## Potatoes au Gratin

Butter a baking dish. Place diced boiled potatoes in dish. Make a white sauce using flour, butter and milk and seasoning. To the white sauce add diced cheese and allow to melt. Pour over potatoes and mix well. Place thin slices of cheese over the top or dry bread crumbs and cheese mixed. If paprika is available, sprinkle lightly. Bake in moderate oven until nicely browned.

## Sweet Potatoes and Apples

Slice about 1/2 can of each, potatoes and apples. Mix together and add either 1 cup of water or juice from the canned apples. Sprinkle the top with 2 or 3 tablespoons of sugar and bake in a moderate oven for 1/2 hour or so.

## Boiled Spinach

1 can spinach
3 tablespoons butter
salt and pepper

Mix spinach, butter (melted) and season to taste. Then heat. When this is done, you may garnish it with hard boiled eggs sliced on the top.

## Rice Creole

3/4 cup rice (boil until tender)
1/4 cup of beef stew
1/2 can tomatoes
1 tablespoon catsup
1 small onion
salt
pepper

Boil tomatoes and chopped beef; mix in onion sliced. Add catsup, salt and pepper. When rice is tender, add the tomatoes mixed with beef and onions and set on back of stove to keep warm until ready to serve.

## Spanish Rice

1/2 cup uncooked rice
1 can chopped roast beef
2 cups tomatoes
2 large onions
1 teaspoon salt
1/4 teaspoon pepper

Cook rice in salt water till soft. Cook onions which have been sliced thin in a greased frying pan; when onions turn yellow, add roast beef which has been chopped up. Cook together for about 20 minutes. Add cooked rice and tomatoes. Season and stir well. Pour mixture in a pan, add a little water, cover, and bake in a moderate oven for about 1/2 hour.

## EGG DISHES

### Scrambled Eggs

3 tablespoons dry eggs (or 3 eggs)
1/2 cup milk and water together
1/2 teaspoon salt

Mix eggs and milk well together and add salt. Have frying pan hot with small amount of grease, add egg mixture and keep stirring until done.

Small pieces of fried ham, bacon, or frankfurters added to eggs make a very fine dish. Or some corn may be added.

### Eggs Souffle

Butter a baking dish. Break eggs and place in bottom of dish. Season to taste. Over the eggs pour a small amount of cream or canned milk undiluted. Over cream place diced or sliced pieces of cheese in desired quantity. Bake in hot oven for a few minutes till eggs are set.

### Poached Egg on Toast

Toast slices of bread. Cut away crusts. Butter generously. Poach eggs in salted water to which has been added 1 teaspoon of vinegar, until soft cooked. Season to taste. Place one egg on each slice of toast and put a piece of butter on top of each egg.

### Plain Omelet

3 eggs
salt and pepper
1 tablespoon butter

Beat the eggs just enough to mix the whites and yolks, and add salt and pepper. Heat butter in an omelet pan, pour a little of it into the beaten eggs and allow the remainder to get hot. Turn the eggs into the pan and as the mixture cooks on the bottom and sides, prick it with a fork so that the egg on top will penetrate the cooked surface, and run under the white edges. The work must be done quickly and carefully so that the eggs are not all stirred up like scrambled eggs. While the eggs are still soft, but slightly thickened, fold over, let stand a few minutes to brown and turn on to a hot dish.

## Variations of Plain Omelet

Variations of the plain omelet may be made by adding any of the following ingredients to the omelet before it is put into the pan to cook, or by spreading one of them on top just before the omelet is folded. Allow one tablespoon of mixture to each two eggs used.

Fish: Use any cooked fish. Chop if fine, season with salt and pepper and moisten with a little cream. Spread on the omelet before folding.

Ham or Other Meat: Scatter finely chopped meat over the center of the omelet while it is cooking. The meat may be improved by browning in a small amount of fat before it is added.

Cheese: Prepare as for ham omelet.

Onion: Mix one tablespoon chopped onion and one teaspoon chopped parsley if you have it. Add to the omelet mixture before cooking.

Jelly: Spread any jelly or jam over the omelet just before folding.

## Perfection Omelet

Beat separately whites and yolks of three eggs. To yolks add:

3 teaspoons cornstarch
1/2 teaspoon baking powder
1/2 cup milk
pinch of salt

Mix until smooth and add the last thing the stiffly beaten whites of eggs.
Bake in buttered baking pans until brown.

## SALADS AND SALAD DRESSINGS

### Pork and Bean Salad

1 can pork and beans
1 teaspoon prepared mustard
1 onion (small one, chopped up)

Mix all together.

### Potato Salad

3 potatoes
2 hard boiled eggs
1 small onion
salad dressing

Dice potatoes and eggs and onion all together, then mix with salad dressing. Chopped pickles add to the flavor of this salad.

### Salad Combinations

Mix:

1. Macaroni, salmon, pickle or onion with salad dressing.
2. Salmon, pickle and dressing for sandwich spread.
3. Chopped roast beef, onion, pickle, salad dressing, and cold potatoes (diced).
4. Pineapple, pear, peach, apricot or grapefruit with cheese topped with dressing.
5. Peas, cheese and pickle, dressing.
6. Rice and carrots and salad dressing.
7. Apple, peaches, pears, grapefruit with salad dressing.

### Cooked Salad Dressing

4 tablespoons melted butter
1 tablespoon flour
1 cup milk
2 eggs
1 teaspoon salt
2 tablespoons sugar
1 teaspoon mustard
1/2 cup vinegar

Mix butter and flour, add milk and cook until quite thick, stirring constantly. Beat eggs, add salt, sugar, mustard, and vinegar. Stir this into thickened mixture and let come to a boil, stirring constantly. Remove from stove. This dressing may be kept for many days. When ready to use it, thin with milk the amount you wish to use. Season it to taste with salt, pepper or sugar if necessary.

## Fruit Salad Dressing

Mix syrup and either grapefruit juice, lemon juice, or vinegar (small amounts). Mix this well. Add to fruit mixture.

## Tutti-Frutti Cooky Bars

1 cup sugar
3/4 cup butter
3 cups oatmeal
1 1/2 cups flour
1 teaspoon soda
1 teaspoon baking powder
1 teaspoon vanilla
1 teaspoon salt
3/4 cup milk

Cream butter and sugar, add rest of ingredients and mix well.

Cover bottom of buttered pan with half of dough mixture, cover with tutti-frutti cooky filling. (See "Frostings, Icings and Fillings.") Put the rest of the dough over the top. Bake in medium slow oven about 25 minutes.

## Oatmeal Cookies

1 cup sugar
3 tablespoons melted bacon grease or other shortening

Mix well together.

1 tablespoon dry eggs (or 1 fresh egg)
1 teaspoon soda dissolved in
3/4 cup sour milk
1 teaspoon cinnamon
1 teaspoon vanilla
1/2 teaspoon salt
1 cup raisins
2 cups flour
1 1/2 cups oatmeal

Stir well and drop off spoon on greased pan and bake until done, about 15 minutes.

## Fruit Cookies

1 cup sugar
3/4 cup shortening (creamed)
2 eggs

Add to sugar and shortening mixture:

3 cups flour
3/4 cup milk
1 teaspoon baking powder
1 level teaspoon soda

Sift with flour the soda, and baking powder, flavor, and add dry ingredients together with wet ingredients. Roll out very thin on floured board and cut in desired size.

Prepare fruit filling and place a small amount of the filling on top of one cooky. Wet edges of bottom cooky and place another cookie on top of this. Bake in moderate oven until nicely browned.

## Sugar Cookies

1/3 cup shortening
1/3 cup granulated sugar
1 egg
1/2 teaspoon vanilla extract
2 cups flour
1/4 teaspoon salt
1 teaspoon baking powder

Add milk to make a dough which does not stick to rolling pin.

Cream shortening, adding sugar gradually. Add eggs, vanilla and mix. Add the flour together with the salt and baking powder. Set aside for a short time, then roll out to about 1/8" thick on a floured board. (A can with the entire top removed makes a good cooky cutter.) Flour the can to prevent sticking. Bake in greased pan, brush with milk and sprinkle with sugar. Bake in hot oven for 10 minutes.

## Doughnuts

1 tablespoon butter or fat
1 cup sugar
2 eggs
1 cup milk
3 teaspoons baking powder
1 teaspoon salt
1 teaspoon nutmeg
flour

Beat the eggs until very light, add the sugar and when foamy add the melted butter or fat. Sift the baking powder, salt and nutmeg with one cup flour and stir into first mixture, alternating with the milk so as to keep the mixture smooth. Add just enough flour to make a soft dough which can be handled. Roll out 3/4 inch thick on a lightly floured board. A soft dough makes light, tender doughnuts when cooked. Fry in deep fat and drain on a dry pan. Fat should never smoke, as this produces harmful by-products.

Roll the doughnuts in sugar before serving.

# CAKES

## Plain Cake

1 cup white sugar
1/2 cup shortening or butter
3 eggs (separated)
1 teaspoon salt
1 teaspoon vanilla
3/4 cup milk
2 cups flour
2 teaspoons baking powder

Cream sugar and shortening; add egg yolks which have been beaten lightly; add a small quantity of milk and flour alternately until all has been used up; add vanilla and finally stiffly beaten egg whites to which the salt has been added. Bake in two layer pans or baking pan, which has been slightly greased and floured, for 15 minutes. Test with a toothpick; if any substance sticks to it, it must be baked until none sticks to the toothpick. Cover with boiled or fudge icing.

## Dutch Apple Cake

1/2 cup flour
3 tablespoons sugar
1/4 teaspoon salt
3 teaspoons baking powder
4 tablespoons fat or shortening
1/2 cup milk
4 tablespoons brown sugar (Brown white sugar by putting it in a pan and letting it get hot enough to start to melt or turn brown without burning.)
1 teaspoon cinnamon
1 1/2 cups applesauce (sweetened)

Mix flour with sugar and baking powder. Cut in fat or shortening and add milk. Place soft dough in shallow pan. Sprinkle with brown sugar, cinnamon and spread with sauce. Bake 30 minutes in moderate oven. Serve warm. (Serves two people - small proportions.)

## Upside-Down Cake

Cover bottom of a baking pan with maple syrup; add 4 teaspoons butter and bring to a boil on top of stove. Into this lay pieces of cooked fruit such as pineapple, peaches, apricots or prunes. Peaches and prunes used together are a good combination. Also pineapple and apricots. Then cover with the following cake batter:

4 tablespoons shortening
3/4 cup sugar
1 egg
1/2 cup milk
1 cup flour
1/4 teaspoon salt
1 teaspoon vanilla
2 level teaspoons baking powder

Cream shortening, add sugar and mix well. Add egg, beat well. Sift flour, baking powder, and salt together. Add alternately with milk; add vanilla. Beat well and spread over top of fruit. Bake in a moderate oven about 30 minutes.

## Prune Cake

1/2 cup butter or shortening
1 cup sugar
2 eggs
3/4 cup milk
2 cups flour
2 cups chopped prunes
1 teaspoon cloves
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon nutmeg
1 teaspoon vanilla

(If shortening is used instead of butter, add 1/2 teaspoon of salt.)

Put shortening and sugar together and mix until it looks creamy, then add the eggs and stir thoroughly. Sift and salt. Add shortening and sugar mixture, alternately with ilk. Stir in prunes or plums and vanilla. Put in a greased pan and bake for about 25 to 30 minutes in a moderate oven. To test the cake to see if it is done or not, put a toothpick into the cake and pull it out; and if the toothpick comes out without anything on it, the cake is done, but if the toothpick comes out with dough on it, let the cake bake for a while.

## Spice Cake

1/2 cup shortening
1 cup sugar
2 eggs
1 3/4 cups flour
1 3/4 teaspoons baking powder
1 teaspoon cinnamon (other spices may be used if desirable)
1/2 cup milk

Cream sugar and shortening. Add the eggs and beat well. Sift flour, baking powder, spices, and add alternately with milk. Beat well and bake about 30 minutes in a moderate oven.

## Devil's Food Cake

1 1/2 cups flour )
1 cup sugar ) Sift together 3 or 4 times.
2 heaping tablespoons cocoa )
1 teaspoon of salt )

Add to this 1 cup of sour milk with 1 teaspoon of soda mixed in it. Last add 5 tablespoons melted butter, stir well. Bake in a moderate oven for 30 minutes.

## FROSTINGS, ICINGS, FILLINGS AND SAUCES

### Boiled Icing

1/4 cup water
1 1/2 cups sugar
2 tablespoons syrup
2 egg whites
1 teaspoon vanilla

First mix the water, sugar and syrup together and let boil until mixture will form a soft ball when tested in cold water; then take off the stove and add to: egg whites and vanilla; beat until frosting is thick enough to spread on the cake.

### Tutti-Frutti Cooky Filling

1 cup apricot jam
3/4 cup sugar
1 cup raisins, chopped (Prunes, apricots, peaches of other fruits may be used instead of raisins.)

Cook three minutes.

### Fudge Icing

2 cups sugar
4 tablespoons cocoa
3/4 cup canned milk
1 rounded teaspoon butter
1 teaspoon vanilla

Mix sugar and cocoa, add milk. Place on stove and stir until sugar is dissolved. Let boil until a few drops from the spoon dropped in cold water form a soft ball. Add butter. Remove from stove and let cool. Do not move pan while cooling or it will become sugary. When outside of pan is cool, add vanilla and beat until creamy. Spread on cake.

Omit the cocoa and you will have creamy white icing. Be very sure to cool before beating to insure creamy icing.

### Pudding Sauce

1 tablespoon corn starch
6 tablespoons sugar
cup hot water
2 tablespoons butter
1 teaspoon vanilla or 1 lemon extract

Mix flour and cornstarch together, add water, a little at a time, stirring well and cook until thick. Add butter and flavoring as desired.

## Filling for Fruit Cookies

1 cup cooked, dried apricots, sweetened
1 cup raisins cut in small pieces
1/2 cup sugar
1/2 teaspoon cinnamon

Water enough to start the mixture cooking. Stir often and when as thick as jam remove from stove. Roll out your cookies and cut in any desired shape. Put filling on top of one cooky and cover with another, pressing sides to hold filling in.

## Chocolate Sauce for Boiled Rice

3/4 cup sugar
2 tablespoons cocoa
1 tablespoon flour
1 1/2 cups hot water
1 tablespoon butter
1/2 teaspoon vanilla
pinch of salt

Mix sugar, flour and cocoa together. Then add water, stirring all the time. Boil until thick, then add butter, vanilla and salt. If too thick, add a little more hot water.

## Hot Maple Sauce

1/2 cup water
2 cups brown sugar (white sugar browned)

Boil together until it reaches the soft-ball stage when poured in cold water. (This is good with hot cakes.)

## Lemon Filling

2 1/2 tablespoons flour
1/2 cup cold water
1 egg yolk
1 cup sugar
1 tablespoon lemon extract
1 teaspoon butter

Make a smooth paste of the flour and 2 tablespoons of the cold water. Cook the rest of the water, the sugar, lemon extract and butter. When the sugar is dissolved and mixture boiling, stir in the flour mixture slowly. Cook until clear and smooth, about 15 minutes. Add egg yolks and cook 2 minutes. Cool before putting on cake or using.

## Caramel Sauce
## or
## Brown-Sugar Frosting

1 cup brown sugar or browned white sugar
1/2 cup water
2 egg whites
1 teaspoon vanilla extract

Make a syrup of the sugar and water, and cook to the soft-ball stage. Remove from the fire and cool while the egg whites are beaten, then pour the syrup in a thin stream onto the stiff whites, beating the mixture constantly until thick enough to spread. Add the flavoring. If you are making sauce, don't cook so long as you would for frosting.

## Hot Chocolate Sauce

1 1/2 cups sugar
1/2 cup water
1/4 cup rich milk or water
2 tablespoons cocoa
1/2 teaspoon vanilla

Let sugar and water boil in a pan for five minutes. Cool partly and gradually stir in the chocolate which has been melted over hot water. Add the vanilla. Place in a double boiler or in a pan over hot water until ready to serve. At the last moment add the milk.

## Berry Sauce

1 cup berries
1 tablespoon butter
1 tablespoon sugar
1 egg white

Mix this together and mash slightly to draw out the juices. Combine with the mashed berries just before serving.

NOTE: When making icings, if they get too hard while beating, put in canned milk and beat to the right thickness.

## CANDY

### Fudge

2 cups sugar
4 tablespoons cocoa
3/4 cup canned milk
1 tablespoon butter
1 teaspoon vanilla

Mix sugar and cocoa, add milk. Place on stove and stir until sugar is dissolved. Let boil until a very few drops from the spoon dropped in cold water form a soft ball. Add butter. Remove from stove and let cool. Do not move pan while cooling or fudge will become sugary. When outside of pan is cold, add vanilla and beat until creamy. Pour in buttered pan and let get hard.

### Panocha

3 cups brown sugar or browned white sugar
1 cup milk
1 tablespoon butter
1 teaspoon vanilla

Put sugar and milk into a pan and cook to the soft-ball stage, remove from the fire, add butter and vanilla, and cool without stirring. When it is lukewarm, beat until it is creamy. Stir in nut meats if you have these. Pour in buttered pans and when hardened mark into squares.

## DESSERTS

### Rice and Raisins

1/2 cup rice
1/2 cup raisins
1/2 teaspoon salt

Wash both rice and raisins, thoroughly, removing all questionable pieces. Cook in plenty of boiling water to which the salt has been added.

### Apple Sauce

Heat canned apples, season with sugar, nutmeg, cinnamon and a drop of vanilla to taste. If desired, apples may be mashed.

### Stewed Prunes, Apricots, or Peaches

Take the amount of dried fruit you wish to cook and place in pan covering with cold water and soak overnight. Next morning drain off water. Cover with boiling water and cook without sugar until tender, then add the sugar, just enough to sweeten to your taste.

### Jello

If Jello is furnished, a nice dessert is made by using Jello, pouring off the juice from small cans of fruit, and heating it to dissolve the Jello instead of using all water. Cut up the fruit in small pieces and stir in after Jello has hardened a trifle.

This makes a nice salad also, if canned milk is beaten into salad dressing, using a small portion of dressing to cream.

## PUDDINGS

### Custard Pudding

2 eggs, well beaten
2 cups milk
1/2 cup sugar
1/2 teaspoon vanilla, lemon, or nutmeg as preferred

Mix all together. Bake in a moderate oven until set.

### Upside-Down Pudding

Same recipe as upside-down cake only cover with pudding sauce.

### Prune Pudding

Mash cooked and sweetened prunes to make 2 cups of mashed prunes. Add about 1/2 cup bread crumbs. Beat the yolks and whites separately. Add yolks to prunes and then fold in whites. Cool and serve with a pudding sauce or milk or cream.

### Rice Pudding

1/2 cup rice
1/2 teaspoon salt

Cover well with water, set on back of stove and cook slowly until done. Add:

1 cup milk
1 cup water
2 tablespoons dry eggs (or 2 eggs)
1 teaspoon vanilla

Mix all together and bake until firm when pan is shaken. Raisins may be added and improve the flavor.

### Chocolate Pudding

1 cup milk
1 cup water

Let come to a boil

1/2 cup sugar
2 tablespoons cocoa
2 tablespoons corn starch

Mix with little hot or cold milk and add to hot milk. Let cook until thick, then add:

1 teaspoon butter
1 teaspoon vanilla

Beat well.

## Bread Pudding

2 cups of dry bread
1/2 quart of milk or enough to cover bread
1/4 teaspoon salt
2 eggs
1/2 cup sugar
1 teaspoon vanilla

Soak the bread in the milk and a little water until it is very soft, then mash it fine. Heat together until nearly boiling. Beat the eggs until light and add them to the sugar, salt and vanilla. When well mixed, stir this into the bread and milk, pour the whole into an earthenware baking dish, set in a pan of water, and bake 45 minutes in a rather slow oven.

For chocolate bread pudding, melt 2 tablespoons of chocolate over hot water and add this to the soaked bread and milk, or just put cocoa right in the soaked-up bread.

For bread pudding with raisins, add 1/2 cup of raisins. Serve this with either the caramel sauce or a chocolate sauce.

## Tapioca Pudding

Cook 1/4 cup tapioca and 1/2 teaspoon salt 15 minutes in a pint of boiling water, stirring constantly; then add 1/2 cup sugar and 1 beaten egg and cook until it thickens like custard, stirring steadily. Add fruit, as cooked dried prunes, apricots, canned peaches, pears, pineapple, or cooked raisins. A couple of teaspoons of left over jam will mix in well.

## Cornstarch Pudding

Mix 2 tablespoons cornstarch with a little milk. Add flavoring desired and pinch salt, 1 tablespoon butter. Bring 1 quart milk barely to boiling point (part has been mixed with cornstarch), add the cornstarch, 2 well beaten eggs, 4 tablespoons sugar, boil two or three minutes, stirring briskly.

The above is the foundation. If chocolate pudding wanted, mix 2 tablespoons cocoa with a little of the milk and add. If maple flavor is liked, add 1/2 cup maple syrup instead of part of the sugar. Cooked dried fruit, canned pineapple, etc., give a variety.

Above serves four people. Vary recipe to suit…

# BEVERAGES

## Coffee

Use a heaping teaspoonful of coffee, more or less, according to taste, for each cup of coffee. Put in coffee pot with cold water, set on fire and bring to boiling point, but do not boil. "Coffee boiled is coffee spoiled."

## Tea

Use freshly boiling water. Put a pinch of tea, more or less, according to taste, into the boiling water and set to one side to steep for 5 to 10 minutes, until it is the desired strength. Do not boil.

## "Pep Cocktail"

Beat 1 yolk of egg (discard the white) into 1 glass of strained orange or grapefruit juice, sweeten with sugar or honey. Take first thing in the morning and last thing at night. May also add juice of 3 beets and 1 bunch parsley; or may use with grape juice or berry juices.

## PASTRY

### Pie Crust No. 1

2 cups flour
1 cup lard
1 teaspoon salt
enough water to mix dough so that it sticks together

Mix as it is given until you have soft dough, then roll out but do not mix or knead just fix it together enough so as to make it stick together in order to put in the pan.

### Pie Crust No. 2

3/4 cup lard
2 1/2 cups flour
1 teaspoon salt
6 tablespoons cold water (about this amount, more or less may have to be added)

Cut lard into flour until it looks like meal. Sprinkle water a small amount at t time over the mixture until all particles are moistened and in lumps. Press lumps together and roll out on floured board.

### Sweet Potato Pie

1 1/2 cups mashed sweet potatoes
1 teaspoon cinnamon
1 teaspoon salt
2 cups milk
2/3 cup brown sugar
1/2 teaspoon ginger
2 eggs

Steam and strain fresh sweet potatoes or bake and put through a sieve. Canned sweet potatoes are ready for use. Add remaining ingredients in the order above given, mixing well after each addition. Turn into a crust lined pan and bake. Use a rather high temperature at first, to cook the bottom and sides of crust. Reduce the temperature and continue cooking until a silver knife inserted in the center will come out clean. Do not let the pie boil, as that will make it watery. This is just like pumpkin pie.

### Raisin Pie

1/2 package raisins
1 1/2 cups water

Let boil until raisins are real soft, then add:

2 tablespoons cornstarch
1 cup sugar

Mix together, add little water to make a paste, then add to first mixture, and cook until clear.

Take off the stove and add:

1 teaspoon lemon extract
1 teaspoon butter

Pour this mixture into a baked pie crust.

## Plain apple Pie

2 or 3 cups of canned apples, sliced (Use apples in accordance with size of pie pan.)
1 cup sugar
1/4 teaspoon vanilla
cinnamon
nutmeg
small piece of butter

Line a pie pan with pie crust. Put a little flour (approximately 1 tablespoon) in the bottom of the crust. Mix apples, seasonings and sugar together and then fill the pie crust. Dot with pieces of butter and sprinkle with a little more cinnamon. Cover with another crust in which 2 or 3 slits have been made. Bottom crust should be dampened around the edge of page with water to make top crust stick to it. Seal two crusts together by pressing with the prongs of a fork and cut away surplus crust. Dampen the top crust with a little milk or beaten yolk of an egg to make it richer and a rich brown. Bake in a moderate oven for approximately one hour.

## Prune Pie

1 cup cooked prunes
1 teaspoon lemon extract
1 cup water or juice
1 tablespoon flour
1/2 cup sugar
2 tablespoons butter

Cook the prunes with the other ingredients until slightly thickened. Add a little cinnamon or nutmeg, if desired. Bake between two crusts. This amount makes a small pie.

## Meringue for Pies

2 egg whites
1/4 teaspoon vanilla
1/2 teaspoon sugar

Beat whites of two eggs until stiff, add gradually 1/4 teaspoon vanilla, 1/2 teaspoon sugar and continue beating; beat until it will stand in peaks, then put on top of pie and allow to brown a rich golden brown in oven.

## Cream Pie and Its Variations

1 cup milk
1 tablespoon cornstarch
1/4 cup sugar
few grains of salt
2 egg yolks or 1 whole egg
1 teaspoon vanilla

Scald the milk. Mix the cornstarch, sugar and salt, and add hot milk slowly. Cook 20 minutes over hot water. Beat the egg yolks and add slowly, stirring rapidly. Cool and add vanilla, put into a baked pie crust.

Vary in the following ways:

### Chocolate Pie

Use only 7/8 tablespoon cornstarch. Add 2 tablespoons of cocoa just before removing custard from the stove. Beat well. Cover with a meringue.

### Spice Pie

Add two teaspoons each of ground cloves and cinnamon to the cooked filling.

## Butterscotch Pie

1 1/2 cups milk
1 cup brown sugar
3 tablespoons cornstarch
2 eggs
2 tablespoons butter

Heat one cup of milk and the sugar until sugar is free from lumps. Mix the cornstarch, 1/2 cup milk and egg yolks and add to the hot mixture slowly. Cook in a double broiler until thick, stirring constantly, then for 10 minutes longer. Add butter. When cool, pour into a baked pie crust. Cover with meringue.

## Huckleberry Pie

1 recipe for pie crust
1 tablespoon flour
3/4 cup sugar

Line pie pan with crust, sprinkle the bottom of the pie with flour, then put half of your sugar in bottom. Put in the berries (filling to the top). Put in rest of sugar and sprinkle with lumps of butter. Then put on top crust

## Custard Pie

3 tablespoons sugar
1/8 teaspoon salt
2 eggs
1 1/2 cups milk
1 teaspoon nutmeg

Beat eggs slightly; add sugar, salt and milk. Line pie tin with pie crust and build up. Strain in mixture, and sprinkle with few gratings of nutmeg. Bake in quick oven at first to set rum. Decrease the heat, as egg and milk in combination need to be cooked at t lower temperature.

When this is done, a silver knife when inserted will be clean when it is taken out.